Because, "The Hockey Handbook" was the first comprehensive, technical book ever written about hockey. It is still regarded as the classic reference book for hockey players, coaches and spectators. Lloyd Percival wrote this book in 1950, after studying sports coaching under Knute Rockne, and in Prague and London. It was initially scoffed at (one NHL coach called it "the product of a three-year old mind"), but Percival was unusually prophetic. European and Soviet teams adopted this book as a textbook for their hockey development, and it contributed to Russian and Czech teams Hockey Conditioning Handbook. About the Book. THE HOCKEY CONDITIONING HANDBOOK is designed for the players and coaches, regardless of gender, who are serious about performing their best, and for the coach whose job it is to bring that performance to its highest level. This is a book about CONDITIONING. No matter how great a player’s skill level or motivation, game performance will only be as good as the player’s physical condition allows. A skilled player cannot stop a breakaway if his legs are too tired to let him catch the attacking offensive player. Proper conditioning makes the difference. Russian and European coaches seized on the book as the first authoritative, analytical treatment of hockey fundamentals and based their training regimes on the principles Percival described. The father of Russian hockey, Anatoli Tarasov, wrote to Percival: "Your wonderful book which introduced us to the mysteries of Canadian hockey, I have read like a schoolboy." Now, nearly half a century later, The Hockey Handbook remains in a class by itself. It is the first book required by players or coaches at all levels of proficiency who are setting out to develop their own or their team’s See more ideas about books, book worth reading, preppy handbook. The book documents something very real. However, it is not just a sociological report. It is also a polemic of sorts against the now popular camp of bourgeois feminists known as sex-positive feminism. The book is a return to Good Books. Books To Read.